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Navy & Marine Corps Medical News  
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This service distributes news and information to Sailors and Marines, their families, civilian employees, and retired Navy and Marine Corps families. Further dissemination of this e-mail is encouraged.

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MN970477: Countdown Underway To A Tobacco-Free Naval  
Hospital Pensacola  
PENSACOLA, FL -- Naval Hospital (NH) Pensacola began a "60-Day Countdown," November 2, as the military treatment facility moved toward its goal of becoming "totally" tobacco-free on January 1.  
This policy is designed to support the Department of Defense "Healthy People 2000 Objectives" and to continue educating people on the negative health related effects of smoking.

"Tobacco use has a significant impact to providing health care," said CAPT Ralph Lockhart, MSC, Commanding Officer. "It affects three legs of this command's mission - the ability to provide health care, health promotion and readiness. And depending on how you count it, the fourth and final part of our mission-training."

Several steps were taken to assist people at NH Pensacola to ensure a smooth and gradual transition to a smoke-free environment.

In a year's time, most of the smoking areas at the hospital were closed. The picnic pavilion, 100 yards from the hospital and the area outside the Bachelor Enlisted Quarters (BEQ) are currently the only remaining designated smoking areas on the compound.

In September, during the "Leaders In Support of Healthy Lifestyles Symposium," tobacco facilitator training was

provided to more than 30 members to assist area commands and community liaisons with initiating smoking cessation programs within their work spaces.

Quarterly smoking cessation courses were also held to meet the needs of their customers. These classes have produced a 45 percent success rate, which is 20 percent better than the national average.

When the New Year rings in, NH Pensacola will become tobacco-free from fence-line to fence-line -- with the exception of an outside area of the BEQ, for residents only.

"We are aware that smoking is not the only problem facing the military but it is one in the fore-front of maintaining a Mission Ready Force," said LCDR Audrey Santana, NC, head of the Health Promotion Department. "We are interested in mission readiness but we are equally concerned with the health benefits of becoming smoke-free." By Rod Duren and LCDR A.E. Santana, NH Pensacola

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MN970478: Navy Joins Japanese Community For Disaster Drill

SASEBO, Japan -- Navy personnel stationed in Sasebo, Japan, joined the Japanese community and other military groups for a disaster drill on November 4. This was the first time U.S. personnel were invited to demonstrate their disaster response preparedness to local community members.

Since the devastating earthquake in Kobe, Japan, in January 1995, disaster preparedness has become an important issue for Japanese communities. All of the scenarios for the Sasebo City Disaster Drill were planned as an aftermath from an earthquake.

Personnel from the Branch Medical Clinic, Fire and Operations Departments participated in exercises involving medical aid to casualties, automobile extrication and rescues at sea.

During the drill, medical personnel treated American victims in a make-shift triage tent. USS Guardian (MCM 5) crew member HM1(SW) Adam Johnson, from Millville, PA, used a moultage kit, fake blood, a little lipstick and some mascara to recreate wounds on volunteer victims. Victims of the various scenarios were rushed to the triage tent by Japanese medical teams for treatment by the Navy emergency medical team. Each victim was tagged with a card identifying the injury and then examined.

"This drill is an excellent learning opportunity for all of us. Today was an excellent chance for us to test the participation that's necessary between the Navy and the Japanese military and civilian medical teams," said CAPT Marshall Hansen, MC.

Fire Department personnel rescued victims trapped in two wrecked vehicles by cutting the cars open. On the sea side of the exercise, the Operations Department staged a rescue of a drowning victim. Additional volunteers from throughout the base mobilized with numerous Japanese

community members to form an old-fashioned bucket brigade to practice "hand-to-hand" fire fighting skills.

Some of the other scenarios presented during the drill included electrical power restoration, road and gas line repairs, collapsed house personnel rescue, refugee aid and movement of emergency goods, water supply restoration, aerial fire fighting and installation of wireless communications.

Courtesy of Commander, U.S. Fleet Activities Sasebo

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#### MN970479: Tax Season Fast Approaching

WASHINGTON, DC -- Income tax programs Navy-wide are already gearing up for the 1998 tax preparation season. Riding on the success of last year's volunteer income tax assistance and electronic tax filing program (VITA/ELF) in which naval personnel prepared almost 150,000 state and federal returns, providing services valued at close to 11.5 million dollars, the Navy is looking to expand the VITA/ELF program to even more commands this coming tax season. Legal offices, family service centers(FSC), staff judge advocate offices (SJA) and command financial specialists have already asked for 122 of the Navy's 140 electronic filing licenses in order to bring free electronic tax filing services to their shipmates in 1998. Last year, Navy tax programs operated on every continent at 119 sites, including 34 ships, and doubled the amount of tax assistance provided in 1996. The judge advocate general's office (OJAG), legal assistance division, which is the ELF program manager for CNO, anticipates the amount of tax assistance provided in 1998 to continue to increase.

Commands who do not currently have access to a military electronic tax filing program, but are interested in operating one through their SJA, FSC or command financial specialist, should contact OJAG code 36 for information and assistance at (703)325-7928, (DSN 221).

By LT Tony de Alicante, Judge Advocate General's Office

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#### MN970480: Trio Recognized For Rescuing Errant Driver

PORTSMOUTH, VA -- Ms. Billie J. Spencer, HM3 Steven H. Kendrick, and HN Aaron Julian were recognized November 10 in a ceremony at Naval Medical Center (NMC), Portsmouth, for rescuing Mrs. Mary Lou Brisson whose automobile plunged into the Elizabeth River off Hospital Point. Spencer is a special counsel for the Officer in Charge of Construction, Naval Hospital, and Kendrick and Julian are hospital corpsmen assigned to NMC Portsmouth. Officiating the ceremony was Rear Adm. William R. Rowley, Commander, Naval Medical Center, Portsmouth.

The ceremony was arranged at the request of Brisson, who asked for a meeting with her rescuers to personally

thank them for their assistance. NMC Portsmouth also presented Spencer the Navy Meritorious Civilian Service Medal. Kendrick and Julian each received the Navy Achievement Medal.

On Nov. 4, 1997 Spencer was directly responsible for extricating Brisson from her vehicle.

"I went to Hospital Point to eat my lunch and read a book and, as I was stopping the car, my foot accidentally slipped off the brake and onto the gas pedal, " said Brisson. The vehicle went over the curb, over the seawall, and into the water.

Spencer observed the car exit over the seawall and immediately swam to the car after noticing Mrs. Brisson was struggling with the seat belt. She then assisted Brisson with her seat belt and removed her through the window. With the help of Kendrick, Julian, and a gentlemen, who appeared on the scene in a raft launched from his sailboat, Brisson was pulled aboard the raft and transported to the pier area. Brisson was then transported to the NMC Emergency Room where she was treated and released.

By Dan Gay, Naval Medical Center, Portsmouth

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#### MN970481: Dental Tech Saves Choking Toddler

NEWPORT, RI -- "She's choking, she's choking," was the scream that sprung Dental Technician Second Class Jamie Martin into action, as he passed out Halloween candy.

When Martin reached the three year-old choking victim, Jaclyn Flaherty, her mother was unsuccessfully attempting to perform the Heimlich maneuver. Martin took the child and placed her over his knee and administered four back blows.

"I pulled her up to listen if the obstruction had passed, but it was still there," Martin said. "She wasn't getting any air."

Meanwhile, a neighbor called 9-1-1. Martin continued working on the toddler as he heard the ambulance approaching.

"It couldn't have been more than 45 seconds to a minute, but it seemed like forever. I started to get a little nervous because the back blows were not working," said Martin.

But a second or two later a piece of candy bounced off of his foot. When he listened to her breathing again, she wasn't choking anymore, but her skin was blue. He began to massage her back, and then he heard a gurgling sound. The toddler began to vomit and cry.

"It was an overwhelming relief. At that point I knew everything would be okay," Martin recalled.

Martin, stationed at Naval Dental Center, Newport, RI, credits his actions to his annual CPR and first aid training. "I knew what to do and I did it. It's part of my Navy training."

By Joy Christmas, Naval Education and Training Center

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MN970482: Navy Nurse Runs For Leukemia

PORTSMOUTH, VA -- Some people give money to charity while others donate their time and talents. LT Joe Stowell, NC, does both by running to raise money and awareness for the treatment of leukemia.

In addition to an exhaustive schedule as a nurse in the emergency room at Naval Medical Center Portsmouth, Stowell runs 30 to 40 miles per week, five or six days a week, a longer run of 10-20 miles every other week, and trains with weights two to three times per week. His usual time for a five-mile run is around eight minutes, 30 seconds, and for a marathon, around four and a half hours.

Many people get their motivation to run from friends, relatives, or perhaps an Olympic athlete. But Stowell is different.

"I just woke up one day and decided I wanted to run a marathon before I turned 40," said Stowell. "It is now evolved into not only a great stress reliever, but as a way to help out those less fortunate."

The first time Stowell ran for charity was when he did the Boston Marathon in 1995 for the American Liver Foundation.

"From then on, I realized that running to raise money for a good cause was the right thing to do," said Stowell.

He later joined the Leukemia Society of America's (LSA) "Team in Training," a non-profit organization which sponsors runners throughout the world by providing coaching and a support staff for their runners. The organization's goal is to raise \$100 million for leukemia research. Leukemia is a type of cancer in which an uncontrolled proliferation of blood-forming cells (leukocytes) infiltrates and replaces normal bone marrow, and is especially devastating to children.

Running not only provides Stowell with good health for himself, but it may also save lives.

"I really feel like I'm making a difference," said Stowell.

To those with leukemia, he certainly is making a difference.

By LT Lisa Brackenbury, Naval Medical Center Portsmouth

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MN970483: TRICARE Question and Answer

1. QUESTION: I am enrolled in TRICARE Prime and my Primary Care Manager (PCM) recommended that I take a health risk assessment (HRA). What is that? What is it used for?

ANSWER: A HRA is a self-administered questionnaire that surveys many lifestyles and diet factors. It will be reviewed and discussed with you by your primary care provider. The purpose of the HRA is to help you find ways

that will fit into your lifestyle to help you lead a healthier, longer life. Some of the factors examined include: alcohol and tobacco use, stress management, diet, blood pressure monitoring, safety practices, exercise and HIV awareness.

Your PCM can steer you to programs that will help you improve areas in which you may be weak.

For more information, contact your TRICARE PCM or the health promotion office at a military treatment facility near you.

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#### MN970484: Healthwatch: A Recipe For Positive Parenting

WASHINGTON, DC -- Being a good parent today isn't easy. There is no set recipe for good parenting but the rewards are evident during and after your children grow up.

There are times when you want to pull your hair out by the roots from frustration. There are also times when your children will make you so proud you think you're going to burst. Both of those occasions require the same mixture of ingredients -- generous amounts of patience, love, understanding, and discipline. These qualities will also transform those small, adorable bundles into mature, capable, productive, and caring adults.

There have never been so many definitions of "family unit" as there are today. The family structure has changed drastically as a whole. Parenting techniques are as diverse as each of the family units. But some rules basically will never change.

For parents of school-age children, first-time parents and expectant parents here are 10 suggestions to help you get over the hurdles:

1. - Give your child respect; your child will likely return that respect.
2. - Give your child as many opportunities and information as possible to make his or her own decisions.
3. - Communicate with your child at dinner time, bedtime or on long drives in the car. These are some of the most productive moments for communication.
4. - Hug your child no matter what is going on in your child's life or yours. A hug can comfort, calm and soothe a frightened child.
5. - Don't compare your child to another child, especially siblings.
6. - Listen with your heart. It's the kindest act of love a parent can give.
7. - Spend as much individual quality time with your child as possible.
8. - Be clear and specific with rules and expectations for your child.
9. - Set age-appropriate limits for your child and follow through with love if one is broken.
10. - Make a point of complimenting your child when the

child does something good. Don't concentrate only on the bad things.

Each child is an individual. These suggestions aren't chiseled in stone. What works for one may not be appropriate for another. Whatever personality your child has -- first and foremost -- love your child no matter what.  
By Lisa E. Stafford, American Forces Press Service

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Feedback and comments are welcome. Story submissions are encouraged. Contact MEDNEWS editor, at e-mail <mednews@bms200.med.navy.mil>, telephone 202/762-3218 (DSN 762-3218), or fax 202/762-3224.